

\* Reservation required, call Just For Seniors at 558-6618 & press 1

\*\*HICAP Appointment Line:  
1-800-434-0222

\*\*\*Weight Watchers every Monday, 12 to 1 pm  
12-week program - Ends October 10, 2005  
Contact Tasha @ 558-6060

*Loma Linda Senior Center*  
*"The Gathering Place"*  
*Telephone: (909) 799-2820*  
25571 Barton Road  
(Behind City Hall and the Fire Station  
on Loma Linda Drive)

**SEPTEMBER 2005**

Call Claude for Party Bridge - 795-1995

Call Joanne for the Ukulele Club - 796-8934

Call Keoki (George) for Intermediate Ukulele - 534-6093

Arvin Leach for watercolor workshop - 797-5266

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <u>Watercolor Workshop</u> 9 am to 12 pm <u>Sit &amp; Fit Exercise Video</u> 9:00 am <u>Focus on Healing 10-11 am</u> <u>Intermediate Ukulele</u> - 1-3 pm Party Bridge 1 - 5 pm	<b>2</b> SENIOR CENTER CLOSED
<b>4</b>  SENIOR CENTER CLOSED	<b>5</b> <u>LABOR DAY</u> CIVIC & SENIOR CENTERS CLOSED	<b>6</b> Ukulele Club 9 -11 am  Strength & Balance Exercise video 1:30 - 2:30 pm	<b>7</b> Computer 101/102* 1- 3 & 3 -5 pm	<b>8</b> <u>Watercolor Workshop</u> 9 am to 12 pm <u>Sit &amp; Fit Exercise Video</u> 9:30 am <u>Focus on Healing 10-11 am</u> <u>Intermediate Ukulele</u> - 1-3 pm Party Bridge 1 - 5 pm HICAP 1:00 - 3 pm**	<b>9</b>  SENIOR CENTER CLOSED
<b>11</b>  SENIOR CENTER CLOSED	<b>12</b> Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>AARP Driving Prog. 1-5 pm (2 days)</u> <u>Intermediate Ukulele</u> - 1-3 pm	<b>13</b> Ukulele Club 9 -11 am  <u>AARP Driving Prog. 1-5 pm (2 days)</u>  Strength & Balance Exercise video 1:30 - 2:30 pm	<b>14</b> <u>Memory Loss Clinic</u> 9 am-12 pm  Computer 101/102* 1- 3 & 3 -5 pm	<b>15</b> <u>Watercolor Workshop</u> 9 am to 12 pm <u>Sit &amp; Fit Exercise Video</u> 9:30 am <u>Focus on Healing 10-11 am</u> Party Bridge 1 - 5 pm	<b>16</b>  SENIOR CENTER CLOSED
<b>18</b>  SENIOR CENTER CLOSED	<b>19</b> Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm <u>Intermediate Ukulele</u> - <u>1-3 pm</u>	<b>20</b> Ukulele Club 9 -11 am  Strength & Balance Exercise video 1:30 - 2:30 pm  <u>Sr Center Bd. 3 pm</u>	<b>21</b> <u>LL Retirees Luncheon</u> <u>12-2 pm</u>  Computer 101/102* 1- 3 & 3 -5 pm	<b>22</b> <u>Watercolor Workshop</u> 9 am to 12 pm <u>Sit &amp; Fit Exercise Video</u> 9:30 am <u>Focus on Healing 10-11 am</u> Party Bridge 1 - 5 pm <u>Intermediate Ukulele</u> - 1-3 pm HICAP 1:00 - 3 pm** (Medicare Part "D")	<b>23</b>  SENIOR CENTER CLOSED
<b>25</b>  SENIOR CENTER CLOSED	<b>26</b> Senior Painters Instructions by Betty Hayes 9 to 11 am Cost: \$3.00 ***Weight Watchers 12-1 pm	<b>27</b> Ukulele Club 9 -11 am  Strength & Balance Exercise video 1:30 - 2:30 pm	<b>28</b> <u>Senior Health Clinic</u> 9 -11 am <u>Memory Loss Clinic</u> 9 am-12 pm Computer 101/102* 1- 3 & 3 -5 pm	<b>29</b> <u>Watercolor Workshop</u> 9 am-12 pm <u>Sit &amp; Fit Exercise Video</u> 9:30 am <u>Focus on Healing 10-11 am</u> Party Bridge 1 - 5 pm	<b>30</b>  SENIOR CENTER CLOSED